



www.fourcorners.ne.gov

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May 2020

Flower Vegetable Tray

- Broccoli (cut into florets)
- Baby Carrots
- Celery (cut into stalks)
- Radishes (sliced)
- Cucumbers (sliced)
- Grape tomatoes

1. Arrange vegetables onto cutting board or platter so that it resembles a flower (see picture to the right).

2. Serve with your favorite dressing or hummus for dipping!
3. Enjoy a touch of spring with your meal or as a snack!

Click on this link for a booklet with more ideas and recipes using fruits and veggies *Getting to Know Fruits and Veggies* from the American Heart Association: https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467681.pdf



Take a Break! Connect with loved ones. Take a moment to text or call a loved one. Spending time connecting with those who love us can boost our overall well-being.

Source: <https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

NATIONAL GET FIT DON'T SIT DAY™
GET UP & MOVE!

Wednesday, May 6th is National Get Fit, Don't Sit Day. We

encourage you to make sure you are getting up to move at least once every 90 minutes. While we can't join the contest, Kent State has a fun Bingo card you can use to help remind you to move.

https://www.kent.edu/sites/default/files/file/Get%20Fit%20Don%27t%20Sit%20BINGO%20Board_Fillable_0.pdf

Heat Related Deaths ARE PREVENTABLE LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 123°

Time Elapsed: 60 Minutes

Inside 99°

Time Elapsed: 10 Minutes

Inside 109°

Time Elapsed: 20 Minutes

Inside 114°

Time Elapsed: 30 Minutes



weather.gov/heat

nhtsa.gov

WE ARE DISTRICT GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Celebrate women's cardiovascular health in May

Know, talk, and act

to prevent heart disease and stroke at every age.



Visit cdc.gov/stroke and cdc.gov/heartdisease to learn more.



TAKE A CHECKUP FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.
[MHASCREENING.ORG](https://mhascreening.org)

Stress management Corner:

Stress-Less Habits. May is Mental Health Month. Click on this link for a free Mental Health Month toolkit, including a handout to help you create

healthier habits. It has great tips. You'll find a worksheet to help you set a new routine, in small steps. Get on a path to help you manage stress and live healthier! <https://www.mhanational.org/mental-health-month>



1 IN 5

people will experience a mental illness during their lifetime.

However,

EVERYONE

faces challenges in life that can impact their mental health.



MHA
Mental Health America
TO LEARN MORE
mhanational.org/may



App of the Month: Stop, Breathe, Think

This app will help you check in with your emotions by using short, guided meditations, yoga, and acupressure videos. These can help you with stress/anxiety, depression, focus, compassion, sleep, and much more.

Also included is a mood tracker. Available for free for iOS and Android systems. **Search "Stop, Breathe, Think" in your app store for details!**



test nebraska

Visit this new website for Nebraskans for COVID-19 testing:
www.testnebraska.com.

Assess—Test—Track

If Four Corners can help you navigate this survey, please feel free to contact us for help!

Upcoming Opportunities

QPR Training by ZOOM – Friday, May 15th, 12 to 1:30. Call Four Corners to register and to get the connecting information.

What is QPR? QPR stands for Question, Persuade, and Refer —3 simple steps anyone can learn to help save a life from suicide. As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Tobacco Quitting Information Session

What if you got the help you needed to finally quit tobacco? Tobacco quitting information sessions and classes are being offered through ZOOM. Call Four Corners to sign up for the next session, May 7 at 5:15pm!

CDC Announces New COVID-19 Symptoms to Watch For

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Headache
- Chills
- Sore throat
- Repeated shaking with chills
- New loss of taste or smell
- Muscle pain



Self-Checker

A guide to help you make decisions and seek appropriate medical care.

Self-Check

Read more at cdc.gov/coronavirus/2018-ncov/symptoms-testing/symptoms.html.

Try the self-checker while you're there!